

Do Babies Really NEED Sweets?

Sweets taste good—to you. But babies don't need them. Babies have a lot of growing to do and sweets are not the best foods for this.

SUGGESTIONS

- Try strained fruits during the sixth or seventh month.
- Fresh or canned fruit, packed in its own juice are tasty finger food treats for a one year old. Some examples include:
 - peaches, plums, pears
 - apples, bananas, nectarine
 - seedless grapes (cut lengthwise)
 - oranges (remove membrane)

Be sure to cut in bite-size pieces and remove skin to prevent choking.

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MISSOURI DEPARTMENT OF HEALTH

AND SENIOR SERVICES

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BABIES NEED IRON

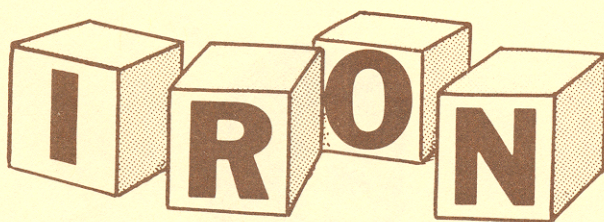


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BABIES NEED IRON

A new baby has a supply of iron which came from the food the mother ate before the baby was born. This supply of iron will last only a short time. Give your baby breastmilk or iron-fortified formula to maintain his iron supply and help him build red blood cells. Iron helps the red blood cells carry oxygen to all parts of the body.

As a baby grows older, additional foods containing iron should be added to the diet starting with iron-fortified infant cereal. Later you can choose other foods rich in iron.



REMEMBER

- Breastmilk or iron-fortified formula is the only food babies need from birth to four months of age.
- Breastfed babies may need an iron supplement at 6 months of age. Check with your doctor before giving iron supplement.
- Your baby likes plain foods best. Don't add salt, spices, sugar, fat, or other seasonings to baby's food.
- Older babies need 2 servings of *iron-rich* foods every day. One serving is about 4 to 8 tablespoons of food.

IRON-RICH FOODS FOR BABIES

The foods listed below are good sources of iron for meeting your baby's daily needs:

From Birth through 12 Months

*Breastmilk (plus iron supplements after 6 months of age — only with an order from the doctor) or

*Iron-fortified formula

During the Fourth Month

Begin:

Infant cereal — rice, oats or barley (mixed with iron-fortified formula or expressed breastmilk)

At Five to Six Months

Add plain strained vegetables and fruits such as:

Strained Peas	Strained Garden
Strained Green Beans	Vegetables
Strained Prunes	Strained Apples
Strained Apple Prune juice	and Cherries

During the Seventh Month

Add plain strained meats. Meats that have good sources of iron include:

*Strained Liver	Strained Beef
Strained Turkey	Strained Lamb
Strained Egg Yolk	Strained Veal

RECOMMENDED FOR OLDER BABIES ONLY

8 to 12 Months

Gradually add these iron-rich foods:

- *Junior Meat—Beef or Lamb
- *Liver (ground)
- *Lean Hamburger (ground)
- *Cream of Wheat
- Turkey (ground)
- *Dry Beans (cooked)

*The *best* (richest) sources of iron for your baby